



### Recipes of the Week

#### Israeli Fennel Salad *Thanks to Worden Farm CSA farm member Mercedes Frace*

1 fennel bulb & stalk, trimmed of greens	1-2 Tbsp. olive oil
1 lemon	Salt and pepper

Cut bottom off fennel bulb, wash, and slice cross-wise into very thin slices. Add the juice of 1/2-1 lemon. Coat with olive oil (enough so all fennel is covered but not floating/drowning in it). Season with salt and pepper to taste.

#### Cauliflower and Fennel with Coriander-Dill Dressing

*Adapted from www.Abel-Cole.co.uk*

1 head cauliflower, broken into florets	1 tablespoon white wine vinegar
1 head of fennel, sliced	2 tablespoons crushed coriander seeds
4 large lettuce leaves, shredded	Fresh minced dill to taste
2 cups coconut milk	Salt and pepper to taste
1/2 cup extra virgin olive oil	

Stir olive oil into vinegar and season with salt and pepper. Add coriander seeds and dill and leave to marinate. Place coconut milk in saucepan and add cauliflower florets and fennel to simmer for about 4 minutes. Drain and leave to cool. Dress with vinaigrette and arrange on lettuce leaves.

#### Chicken Thighs with Fennel

*Adapted from www.Abel-Cole.co.uk*

6-12 chicken thighs, bone in	1 medium onion, sliced thinly
2 tablespoons vegetable oil	1 cup dry white wine
3 medium garlic cloves, crushed	1/2 cup chicken stock
1 large fennel bulb, sliced thinly	1/3 teaspoon dried thyme

Season chicken thighs with salt and pepper. Heat oil in large pan over medium-high heat. When drop of water sizzles quickly in the pan, add chicken thighs, skin side down. Brown skin and remove to a plate. Lower temperature to medium-low, add onion and fennel, and sauté for about 5 minutes or until soft. Add garlic, cook 1 minute. Add wine and stock and bring to boil. Return chicken to pan, cover, lower heat, and simmer until chicken is tender - about 20-40 minutes.

**Tidbits** **Going out of town?** Please let us know by email no later than Wednesday night, as we start getting things ready very early on Thursday. Send us an email (office@pikarco.com) and cc: your pickup site coordinator. If you don't notify us in time, we'll send your share as usual and you will forfeit the credit. There is a max of 2 credits per season, and 2 makeup weeks at the end to redeem your credits.



### FARM NEWS

Next week (April 22nd) is the last regular week for shares. If you suspended one week's shares your last week will be April 29th. If you suspended two or more weeks' shares your last pickup will be on May 6th.

Get ready for our end-of year Gleaning Day celebration! Join us on Sunday, May 7th—bring a dish to share, and be ready to help take out stakes, roll up drip tape, and harvest any leftover veggies such as arugula, cherry tomatoes, black kale, edible flowers, radishes, tatsoi, beets, carrots or whatever's left to take home and enjoy. More details next week!

Yesterday we celebrated Sada's 21st birthday with an outing for Mexican food followed by an ice cream cake with ice cream. There was nothing organic about it, and definitely sugar-rush time, as evidenced by our silly "Bananaphone" antics afterwards. A good time was had by all. And now, a word (or more) from the neXt generation....

## INSIDE → what's in the shares today? →→

Alright, so there's some good news and some bad news... Bad news first right? OK, here goes...

LYKE WHOA, BROS!!!! What are you going to do now?!?!?!?! Eat nasty grocery-store (my mom wouldn't let me say brand names) food?!?!?!? EWWWWWW!!!! \*sigh\*

And now the good news... which there actually isn't any of, because I was bluffing to take up more space... Yeah...

So, I know that you're going to miss us, like, A LOT. But, quite honestly, here on the farm, we are rejoicing the fact that we will be able to sleep an extra two minutes on the week-ends... Yes, it's true that while you lot are at home dreaming about our wonderful organic veggies, the WWOOFers are working their willing butts off on our organic farm... hehe...

So, while we are shutting down and you have nothing to eat, just console yourself with the fact that we are fitfully sleeping, and not in our lettuce beds and not while counting change, and definitely not while writing a lovely little paragraph like this... [ed: at 11:30pm]










Well, tata for now, my soon-to-be-starving-for-our-food CSA members!

Much love, Your witty little column-writer-to-be, Rachel



It's rich, "organic", down-to-earth, user-friendly, and nourishing!

### FULL share

1 bunch	Carrots (WF)	
1 head	Red Cabbage (WF)	
2 heads	FENNEL (WF)	 
1 large bag	New Potatoes (WF)	
1 bunch	Garlic Chives (BHF)	
1 pint Plus 1/2 pint	Cherry Tomatoes (LMF) Grape Tomatoes** (SF)	 
1 large bag	Green Beans (HOF)- last of the season! Blanch and freeze these for later on	
1 each	This NEWSLETTER	
1 dozen	STOP! EGG SHARE SUBSCRIBERS ONLY!!	

### What does it look like?

*Pictures are Courtesy of Marian Wertalka, CSA member and CSA video documentary producer (in the works)*

### Don't want something?

Put it in the Xtras for someone else to enjoy!

Want something more? Look in the Xtras box!

### NO SUBSTITUTIONS

Please DON'T swap something out from the shares -YOU'LL BE DEPRIVING SOMEONE OF THEIR FOOD!!

### TOMATO CORNER

This week: ALL








Group A: BEACH, BWD-EAST, BWD-WEST  
Group B: CHURCH, GABLES, GROVE  
Group C: KEYS, NoMIA  
Group D: PalmettoBAY, SoMIA, BHF

### EGG CORNER

This week: Group I

Group I: BEACH, BWD-EAST, BWD-WEST, CHURCH, SoMIA, BHF.  
Group II: GABLES, GROVE, KEYS, NoMIA, PalmettoBAY

### HALF share

<i>Not listed here? leave it be!!</i>		<u>Take this</u>
	Carrots (WF)	1 bunch
	Red Cabbage (WF)	1 head
	Fennel (WF)	1 head
	New Potatoes (WF)	1 small bag (GREEN DOT)
	Garlic Chives (BHF)	1 small bunch (RED TAPE)
	Grape Tomatoes** (SF)	1/2 pint (UNLABELED)
	Green Beans (HOF) -last of the season! Blanch & freeze these for later on	1 zip bag (RED DOT)
	This NEWSLETTER	1 each
STOP! EGG SHARE SUBSCRIBERS ONLY!!		4 eggs

Look for the "Featured Items" column on the back page.

**Which farms supplied this week's shares? — LOCAL and ORGANIC — All are Florida farms** Rachel's Eggs (BHF)\*=Bee Heaven Farm

WF\*= Worden Farm / LMF=Lady Mood Farm / SF\*= Sawmill Farm (pesticide-free)

\*Redland Organics founders & grower members

\*\*naturally-grown, pesticide-free, not organic